

## **PALARONG PAMBANSA 2009**

### **SWIMMING**

#### **WARM UP GUIDELINES**

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 7:00 A.M. in the morning and 2:15 P.M. in the afternoon when the competition pool converts to the following diagram.

8	7	6	5	4	3	2	1
25m Dive Sprint Only	Turn Practice Only	Circle Only	Circle Only	Circle Only	50m Pace Lane Only	Turn Practice Only	15m Dive Sprint Only
15m Dive Sprint Only	25m Dive Sprint Lane	Circle Only	Circle Only	Circle Only	50m Pace Lane Only	25m Dive Sprint Lane	15m Dive Sprint Only
8	7	6	5	4	3	2	1

#### **COMPETITION POOL    START / FINISH END**

##### **Competition pool:**

There is NO DIVING AT ALL until 7:00 A.M. and 2:15 P.M., and then diving is only allowed in those lanes marked to do so.

There is NO DIVING IN CIRCLE SWIMMING LANES AND TURN PRACTICE LANES, entry to these lanes is to be feet first, from a sitting position.

No paddles are allowed during warm up.

##### **Warm Up pool:**

In the Warm Up pool, all entries must be feet first from a sitting position at all times.

**RICHARD G. LUNA**

Tournament Manager